

THE SUCCESS COMPASS GUIDE

REDEFINE WHAT WINNING
MEANS TO YOU

REDEFINE YOUR WINNING FORMULA.
FROM EXTERNAL ANCHOR TO INTERNAL
ENGINE.



SUCCESS MANAGEMENT GLOBAL CONSULTING



WELCOME & INTRODUCTION

✉ A Personal Note From Me,

Thank you for being here. In a world that constantly broadcasts what you should want—more money, a higher title, a bigger profile—choosing to question what success *truly* means to *you* is a radical act of self-leadership.

I wrote this guide because I've coached too many brilliant, high-achieving people who have reached the summit of someone else's mountain only to find themselves empty, exhausted, and wondering, "Is this all there is?"

That feeling of being adrift at the top isn't a sign of failure; it's a signal. It's your innate wisdom telling you that the blueprint you've been following is flawed.

This guide is your tool to draw a new map. Inside, you'll find a structured process to dismantle the external "anchors" holding you back and build a personal "engine" of success that is fueled by your values, aligned with your life, and measured by growth—not just outcomes.

What You'll Find Inside:

🕸 **The Success Trap Audit:** Identify if your current definition is an anchor or an engine.

🔧 **The Deconstruction Tool:** Exercises to unravel borrowed beliefs and societal "shoulds."

🌍 **The Success Compass Model:** Your new framework for holistic, directional achievement.

📍 **Your Core Coordinates:** How to pinpoint your True North (values) and plot your Life Domains.

⚙️ **The Engine-Building Toolkit:** Practical steps to set goals that energize, not drain.

📅 **Your 90-Day Alignment Sprint:** A actionable plan to test-drive your new definition.

How to Get the Most Out of This Guide:

Come with curiosity, not judgment. This is about discovery, not critique.

Be brutally honest with yourself. The most liberating answers lie beneath the comfortable ones.

Define success as showing up. One step, one attempt, one honest reflection is a victory.

Your definition of success is either your **engine** or your **anchor**.

Let's build your engine.



THE SUCCESS TRAP: IS YOUR DEFINITION AN ANCHOR OR AN ENGINE?

The Success Trap: When Winning Feels Like Losing

Diagnosing If You're Being Driven or Held Back.

The Core Metaphor:

- **Anchor Success:** Heavy, static, and defined by *external forces* (society, family, peers). It holds you safely in place but prevents all forward movement. Its fuel is **fear**—of judgment, of falling behind, of not being enough.
- **Engine Success:** Dynamic, propulsive, and defined by *internal conviction*. It provides the power to navigate toward your true desires. Its fuel is **clarity and purpose**.

The Tell-Tale Signs Your Success is an Anchor:

- **You experience "Destination Depression":** You achieve a major goal but feel flat, empty, or immediately scramble for the next one without savoring the win.
- **Your motivation is brittle:** It shatters under criticism or when comparing yourself to others. You need constant validation to keep going.
- **Success feels like obligation:** You're climbing the ladder because it's there and everyone expects you to, not because you want the view from that particular top.
- **It drains your energy:** The pursuit feels heavy, competitive, and isolating.

Your Reflection:

Think of one recent "achievement." Did reaching it leave you feeling energized and expanded, or depleted and searching for the next thing? What does that tell you about its source?



THE SUCCESS AUDIT: DECONSTRUCTING YOUR CURRENT BLUEPRINT

Headline: The Success Audit: Where Did Your Definition Come From?

Unraveling the Borrowed Beliefs That Shape Your Goals.

Why You Must Do This First:

You cannot build a new, authentic structure on a foundation of unexamined assumptions. This audit is not about blaming your past but about understanding your programming so you can choose to rewrite it.

The Three Layers of Influence:

- 1. The Inherited Layer (Family & Culture):** What messages did you absorb about "making it," "being respectable," or "doing us proud"? What was celebrated versus frowned upon?
- 2. The Absorbed Layer (Media & Peers):** What does your social feed, industry news, and peer group glorify? The hustle? The luxury? The title? The quiet, meaningful work?
- 3. The Experiential Layer (Your Past Wins & Losses):** How have your previous achievements and failures subconsciously redefined what you think is possible or desirable?

Your Action Step – The Belief Excavation:

Take 15 minutes and complete these sentences quickly, **without overthinking:**

- "In my family/culture, a successful person is someone who..."
- "In my industry/among my peers, you're considered successful once you..."
- "My last big achievement proved that I am..."
- "My last failure taught me that success requires..."

The patterns in your answers are the raw materials of your current blueprint.



INTRODUCING THE SUCCESS COMPASS MODEL

Introducing The Success Compass Model.

Your Shift from Linear Ladder to Holistic Navigation.

The Paradigm Shift:

For years, you've likely been navigating with a "Success Ladder" – a single, vertical track where the goal is simply to climb higher than before. This model is **linear, comparative, and brittle**. One wrong step feels like a fall.

The Success Compass is different. It is **holistic, directional, and resilient**. It doesn't measure height; it ensures you're moving toward *your* True North across the varied terrain of your life. It accepts that progress in one domain (e.g., Career) might mean maintenance in another (e.g., Health) for a season, and that's not failure—it's conscious navigation.

Visualizing Your Compass:

- **The Center Point (True North):** Your **Core Values**. This is your non-negotiable directional guide.
- **The Cardinal Points (Life Domains):** The key areas of your life (e.g., Career, Relationships, Health, Personal Growth, Finances, Contribution). These are the directions you can travel in.
- **The Needle (Your Attention & Energy):** This points to where you are currently investing. The goal is not to have it point perfectly north at all times, but to be aware of its direction and adjust consciously.

Your Takeaway: You are not climbing a single, solitary ladder. You are an explorer with a reliable tool, capable of charting a rich, multi-dimensional journey.



FINDING YOUR TRUE NORTH (CORE VALUES)

📍 Finding Your True North: The Foundation of Your Compass.

If You Don't Stand For Something, You'll Chase Everything.

Why Values Are Your Non-Negotiable Guide:

When a storm hits (a setback, a failure, overwhelming choices), your goals might become obscured. Your values, however, remain constant. Making a decision aligned with your values *is* a **success**, regardless of the immediate outcome. It keeps your **engine** running on **integrity**.

The "Anchor vs. Engine" Values Exercise:

- 1. List 10-15 values that resonate with you** (e.g., Respect, Freedom, Security, Growth, Impact, Creativity, Connection, Mastery, Peace).
- 2. Circle the 5 that are most non-negotiable for you right now.** (Feel free to add more of **your own** values). **Remember this is about you.**
- 3. For each of your top 5, ask this crucial question:** "Has my pursuit of success *honoured* this value, or have I *compromised* it?"
 - **Example:** If "Connection" is a value, but your 80-hour work week has isolated you from friends and family, success has become an anchor on this value.
- 4. Reframe:** For each compromised value, brainstorm **one small action** that would realign your efforts with it. (e.g., "Protect one evening per week for uninterrupted time with loved ones and or myself").

Your True North Statement:

Finish this sentence: "At my core, I am someone who values _____ and _____ above all. Therefore, a successful life must include _____ and honour _____."



PLOTTING YOUR COORDINATES (LIFE DOMAINS)

Plotting Your Coordinates: Mapping the Terrain of Your Life.

Success is Not a Single Point, But a Balanced Landscape.

Moving Beyond "Work/Life Balance":

That phrase suggests a binary scale. Your Compass acknowledges 5-7 key "domains" that make up your life's ecosystem. Neglecting one can destabilize the whole system. The goal is **conscious allocation**, not **perfect balance**.

Your Life Domain Mapping Exercise:

- 1. Identify Your 6 Key Domains. (Common ones:** Career/Business, Relationships/Family, Health/Wellness, Personal Growth/Learning, Finances/Wealth, Contribution/Community). **Name yours specifically.**
- 2. Current Investment Audit:** On a scale of 1-10, how much of your **focus and energy** have you invested in each domain over the *last 90 days*? (Not your satisfaction, but your active investment).
- 3. Desired Investment Chart:** On a new scale of 1-10, how much **focus and energy** do you *want* to invest in each domain over the *next 90 days* to feel aligned?
- 4. Spot the Gaps & Gluts:** Where is the biggest discrepancy? (e.g., Career at a 9 (glut), Health at a 3 (gap)). This reveals where your definition of success has become lopsided.

The Insight: Your "**engine**" sputters when one domain monopolizes all your fuel. This map shows you where to redirect energy to create sustainable, holistic momentum.



SETTING YOUR COMPASS BEARINGS (GOALS THAT ENERGIZE)

⚙️ **Setting Your Compass Bearings: From "Should" Goals to "Want" Goals.**

How to Set Intentions That Pull You Forward, Not Drag You Along.

The Energy Test:

A goal aligned with your Compass creates **expansive energy**—thinking about it sparks ideas and motivation. A goal imposed by an "anchor" creates **contractive energy**—thinking about it brings dread, fatigue, or resentment.

Framework: The 3 Filters for an "Engine" Goal:

Run a potential goal through these questions:

1. **The Values Filter:** Does pursuing this goal allow me to express one of my core values? (If no, it's an anchor goal).
2. **The Domain Filter:** Which life domain does this goal primarily serve? Am I consciously choosing to invest here right now, given my map from Page 7?
3. **The "Why" Filter:** Is my primary reason for this goal internally driven (e.g., "to master a skill," "to create freedom") or externally validated (e.g., "to impress my peers," "to prove my worth")?

Your Action Step: Goal Reframing.

Take one "should" goal that has been draining you.

Example: "I *should* network more to get a promotion."

- **Apply Filter 1 (Values):** What value could this connect to? (e.g., *Connection or Growth*).
- **Reframe:** "I want to build **three authentic connections** this quarter with people whose work in **[specific area]** inspires my own **growth.**"

This **shifts it** from a chore to a **chosen, values-aligned action.**



NAVIGATING DETOURS & BAD WEATHER (RESILIENCE)

Navigating Detours & Bad Weather: Your Compass in the Storm.

When Failure Doesn't Mean You're Lost.

Redefining "Off-Course":

In the Ladder model, a setback is a fall. In the Compass model, a setback is simply new data about the terrain. It doesn't mean your True North is wrong; it means your chosen path needs adjustment.

The Resilient Navigation Protocol:

When you hit an obstacle (a missed target, a rejection, a burnout):

- 1. Pause & Reorient to True North:** Ask, "What core value is this situation challenging or highlighting?" (e.g., a project failure might highlight your value for *Mastery* or *Integrity*).
- 2. Check Your Coordinates (Domains):** Ask, "Is this struggle because one domain is being starved or overworked?" (e.g., burnout often signals a Health domain crisis).
- 3. Adjust Your Bearings, Not Your Destination:** Based on the answers, what is one small, immediate action you can take that aligns with your values and supports your domains? (e.g., "To honour *Mastery*, I will schedule a feedback session to learn. To support *Health*, I will take the rest of the day off to recharge").

The Mindset Shift:

Success is **not** the **absence of failure**. **Success** is **showing up and trying**. Therefore, navigating a detour *is* success in action.



YOUR 90-DAY SUCCESS ALIGNMENT SPRINT

Your 90-Day Success Alignment Sprint.

The Action Plan to Test-Drive Your New Compass.

Why 90 Days?

It's long enough to build new habits and see small wins, but short enough to prevent overwhelm and allow for a meaningful review. This is a pilot project for your new definition.

Your Sprint Plan:

- **Sprint Focus:** Choose **1-2 Life Domains** from Page 7 where you most want to shift your investment.
- **True North Anchor:** Select **1 Core Value** you are committed to honouring above all during this sprint.
- **Engine Goals:** Set **1-3 "Want" Goals** (from Page 8) for your chosen domains that energize you.
- **Weekly Check-In (15 mins):**
 - What action did I take that felt aligned with my values and goals?
 - Where did I feel resistance or anchor-thinking?
 - What's one small, aligned action for the coming week?
- **Sprint Review (At Day 90):** Evaluate not just *what* you achieved, but *how you felt*. Did this way of working feel more like an engine or an anchor?

The Goal of the Sprint:

To collect evidence that living by your Compass creates more energy, clarity, and authentic progress than chasing old anchors.



From Personal Success to Ripple-Effect Legacy.

How Your Redefined Success Transforms Your Leadership and Impact.

The Ripple Effect:

When you lead from an internal engine, not external anchors, you give others permission to do the same. Your redefined success becomes a leadership style.

How Your Success Compass Makes You a Better Leader:

- **You Make Decisions with Calm Conviction:** Anchored in your values, you're less swayed by trends or panic.
- **You Build Teams that Thrive:** You naturally create space for others to identify their domains and values, leading to more engaged, innovative teams.
- **You Redefine Organizational Success:** You can guide conversations from pure profit to holistic impact, asking, "Does this decision honour our core values and strengthen all our key domains (employees, community, customers)?"

Growth Becomes the GOAL:

This personal clarity is the foundation for building **Courageous Cultures in organizations**. A leader who knows their own compass is equipped to help others find theirs, creating an environment where, **growth becomes the goal, not just the outcome**.



Your Next Step: Integrate Your Compass.

Let's Cement This New Definition Together.

Why Guidance Matters Now:

You've done the foundational work of building your Compass. The next phase—integrating it into daily decisions, navigating complex trade-offs, and scaling this mindset—is where a thought partner accelerates the transformation.

Your Invitation: A Success Compass Integration Session.

In this 60-minute deep-dive, we will:

1. **Solidify Your True North:** Pressure-test your core values and ensure they are actionable.
2. **Design Your Quarterly Navigation Plan:** Translate your 90-day sprint into a clear, accountable plan for the next season.
3. **Troubleshoot Anchor Patterns:** Identify and strategize around the specific situations where old success definitions try to pull you back.

This session is for you if: You're ready to move from insight to ingrained practice, and you want your daily actions to consistently reflect the powerful definition of success you've just created.

 **Book Your Success Compass Integration Session. [here](#)**

Your definition of success is now your engine. Let's fuel it for the long journey ahead.



FINAL PAGE – RESOURCES & CONTINUATION

Continue Your Journey.

Deepen Your Practice with Complementary Wisdom.

- **Explore Our Emotional Intelligence Mastery Guide:** Let your new definition of success transform self-awareness and empathy into your greatest professional assets. [Emotional Intelligence Mastery Guide](#)
- **Explore Our Courageous Culture Framework:** Take your EQ to the team level. [Courageous Culture Guide](#)
- **Revisit Your Purpose Compass:** Lead from a place of deep alignment. [Purpose Compass Guide](#)
- **Strengthen Your Idea Resilience:** Pair emotional intelligence with unstoppable execution. [Idea Resilience Framework Guide](#)

A Final Note:

Your commitment to redefining your definition of success is one of the greatest investments you can make in your personal life, leadership—and in the people you have the privilege to lead.

*Thank you for doing
the work.*

